



September 2022 Menu

Nourishing SLO County seniors with more than just meals.



DO YOU NEED TO CANCEL A MEAL?

Please call your Site Manager to **CANCEL, SUSPEND** or **RESUME** meals **2** business days in advance.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
<p>*MENU SUBSTITUTION As you read in last month's newsletter, we received a generous donation of meat from JWBYLF, sourced from the Santa Barbara County Fair and the California Mid State Fair. We will be substituting one of our main courses with a new meat dish. The date will be determined based on kitchen staff availability, but it will likely be served on a Thursday. Your site manager will have the latest information by Tuesday of that week.</p>			<p>Cheese Manicotti Italian Red Sauce w/ Meat Italian Blend Veggies Fresh Tomato Salad Diced Peaches Milk</p>	<p>Tuna Salad Crackers Green Pea Salad Carrot Salad Honeydew Melon Milk</p>
CLOSED	6	7	8	9
	<p>Pork Rib Patty Graham Cracker Roasted Sweet Potato Cubes Lima Beans Orange Milk</p>	<p>Chicken Enchiladas, White Sauce Mixed Veggies Brussel Sprouts Applesauce Milk</p>	<p>WW Spaghetti Italian Red Sauce w/ Meat Broccoli Three Bean Salad Apricot Halves Milk</p>	<p>Beefy Taco Salad, Romaine Lettuce Tostada Fresh Tomato Quarters Cole Slaw Diced Pears Milk</p>
12	13	14	15	16
<p>Chicken a la King Biscuit Green Beans Pickled Beets Tropical Fruit Milk</p>	<p>Cheese Ravioli Italian Red Sauce w/ Meat Cooked Seasoned Spinach Romaine Salad Pineapple Tidbits Milk</p>	<p>Breaded Haddock Brown Rice Winter Blend Veggies Fresh Tomato Quarters Banana Milk</p>	<p>Swedish Meatballs Whole Wheat Pasta Scandinavian Blend Veggies Carrot Salad Orange Milk</p>	<p>Honey Mustard Chicken Salad Wheat Crackers Pea Salad Cole Slaw Honeydew Melon Milk</p>
19	20	21	22	23
<p>Italian Noodle Casserole CA Blend Veggies Three Bean Salad Diced Peaches Milk</p>	<p>Chicken Sandwich Whole Wheat Bun Roasted Sweet Potato Cubes Cole Slaw Mixed Fruit Milk</p>	<p><i>Celebrating September Birthdays!</i> Omelet w/ Cheese Roasted Potato Cubes Cauliflower Apple Birthday Muffin Milk</p>	<p>Chicken Enchilada, Red Sauce Pinto Beans Fresh Tomato Quarters Diced Pears Milk</p>	<p>Chef Salad w/ Turkey & Egg Romaine Lettuce, Wheat Crackers Broccoli Slaw Corn Salad Sliced Apricots Milk</p>
26	27	28	29	30
<p>Chicken Lo Mein Winter Blend Veggies Parslied Carrots Peaches Milk</p>	<p>Cheese Manicotti Italian Red Sauce w/ Meat Italian Blend Veggies Cole Slaw Applesauce Milk</p>	<p>Sweet & Sour Meatballs Brown Rice Zucchini Pickled Beets Tropical Fruit Blend Milk</p>	<p>Turkey Pieces & Gravy Stuffing Capri Blend Veggies Carrot Salad Pineapple Tidbits Milk</p>	<p>Tuna Macaroni Salad Pea Salad Romaine Salad Cantaloupe Milk</p>

CONTACT US

**Dining Rooms & Service Areas Open for in person dining Monday - Friday. Call your site manager to reserve your meal!	Serving Days/Time	Site Manager	Phone Number
** Atascadero, Templeton	Mon-Fri @ 11:30	Liz	466-2317
** Cambria, San Simeon	Mon-Fri @ 11:30	Jesse/Barb	927-1268
** Los Osos	Mon-Fri @ 11:30	Malia	528-6923
** Morro Bay, Cayucos	Mon-Fri @ 11:30	Kat	772-4422
** Nipomo	Mon-Fri @ 11:30	Sandy	929-1066
** Oceano, Arroyo Grande, Grover Beach, Pismo Beach, Shell Beach	Mon-Fri @ 11:30	Debbie	489-5149
** Paso Robles	Mon-Fri @ 11:30	Marlene	238-4831
** Santa Margarita	Mon-Fri @ 11:30	Jill	438-5854
** San Luis Obispo	Mon-Fri @ 11:30	Janine	543-0469
** SLO: Laguna Lake Area: UCC Church (Temporarily closed.)	Mon-Fri @ 11:30	Milda	541-1168
San Luis Obispo Administrative Office: 541-3312	Central Kitchen: 541-2063 or 541-3312 ext. 104		